

Substance Abuse Prevention and Treatment Block Grant Prevention Services

Additional Approved Evidence Program List

This list is in addition to activities that are approved prevention services with SAPTBG funds as required in the state/county contract and the DMHSAS Action Memo 2012.

Corrective Thinking Group (requested by Monroe County)

Brief Program / Practice Description

Weekly “Corrective Thinking” groups discuss drugs and alcohol through various topics. Some of those topics include Peer Pressure, Self-Respect (how to control individual feeling and times of happiness), Acceptance, Making Good Choices (consideration of others), Goal Setting, Looking at me/Looking at you (peer assessment). Participants are presented with materials before group sessions on what will be discussed so they can follow along during the group session, along with those materials, at the end participants are given an exercise to complete that ties all the information presented together. At the very end of group, attendees are able to discuss the exercise if comfortable doing so.

Community Prevention Need Addressed by the Program / Practice

High risk behavior often times related to frequent involvement in Alcohol and Other Drug Abuse (AODA) use, has led to delinquency and out of home placements.

Goal Addressed by the Program / Practice

Develop positive peer relationship, increase self-awareness, increase knowledge and awareness of the impact of AODA.

Program / Practice Objectives or Outcomes

Positive sense of self, resistance to peer pressure, healthy beliefs and clear standard for behaviors, increase commitment to schools, increase in youth protection factors.

Personnel Required for the Program / Practice

Youth Counselors, Certified in Corrective Thinking through Truth Thoughts, oversight by Agency Director.

Drug Endangered Children Program (requested by Juneau County)

Brief Program / Practice Description

The primary challenge with illegal substance abuse and DEC is in coordinating the social and political systems charged with preventing, intervening, and treating these cases. The number, complexity, and difficult behavior-change challenges of these cases burden practitioners and the community alike. DEC's approach for addressing the needs of children in dangerous drug environments focuses on the formation of community-based partnerships that encourage agency personnel from across multiple disciplines to coordinate their mutual interests, resources and responsibilities.

Community Prevention Need Addressed by the Program / Practice

The county has seen an increase in the number of infants born addicted to heroin over the past two years. We have also seen a large increase of methamphetamine abuse and prescription drug abuse. There has also been an increase in the number of drug raids conducted on homes and many of these homes contain children. The county with its community partners are working together to raise awareness of this issue and provide prevention services to decrease the number of children exposed to these drug environments.

Goal Addressed by the Program / Practice

To continue to increase cross-training to the multiple systems (Law Enforcement, Schools, Community at large) to have a greater understanding of the early signs of substance abuse and prevention available.

Program / Practice Objectives or Outcomes

Develop a comprehensive multi-disciplinary team to identify prevention training needs, develop an MOU between community partners and continually reassess for changes in needs.

Personnel Required for the Program / Practice

Children Protective Services/ Indian Child Welfare, Department of Corrections, Law Enforcement, Departments of Health, Educators, Mental Health/AODA, District Attorneys/Judges, Victim Witness Coordinators, Other Governmental Agencies, Community Members, Non-Profit Organizations, Faith-based Agencies, Hospitals

Generation Rx: Preventing the Misuse and Abuse of Prescription Medications & The pHARMING Effect: Youth Led Peer-to-Peer; Preventing the Misuse and Abuse of Prescription Medications (requested by Janesville Mobilizing for Change)

Brief Program / Practice Description

Generation Rx is intended to provide health care providers, parents/guardians, school personnel, and community leaders with interactive tools and resources aimed at educating teens and adults about the dangers of prescription drug misuse and abuse. The pHARMING Effect is a peer-to-peer youth presentation based on Generation Rx with local data and stories, and interactive engaging skits.

Community Prevention Need Addressed by the Program / Practice

Public Outreach and Education Regarding Prescription Drug Misuse and Abuse

Goal Addressed by the Program / Practice

Increased Awareness and Skill Development & Reduce Prescription Drug Misuse and Abuse

Program / Practice Objectives or Outcomes

Raising awareness of the scope, causes, and consequences of the abuse of prescription medications. Provide information about how to safely dispose of prescription medications, how to learn more about the prescription drug problem, and how to prevent it. Increase interest in and develop skills to openly discuss issues related to prescription drug abuse.

Personnel Required for the Program / Practice

Trainers, youth groups, presenters

Motivational Interviewing (requested by Shawano County)

Brief Program / Practice Description

In-service provided to staff for use in services agency-wide for the prevention of substance abuse and worsening mental health issues. Often individuals seeking help have a difficult time achieving behavioral change and present with ambivalence and resistance to change. As a result of the training, staff are better prepared to interview individuals and elicit behavioral change to prevent the onset of substance abuse or dependence, or to address mental health concerns that also contribute to future substance abuse and dependency. In addition, this approach can now be used when working with families as a whole, which results in prevention for youth as the substance use issues of the parents are addressed and the parents are given resources to overcome abuse and addiction. The goal of training staff in MI is to better prepare staff to intervene with youth, families, and adults prior to the need for treatment and elicit behavior change to prevent substance abuse and dependence.

Community Prevention Need Addressed by the Program / Practice

This community has seen an increase in prescription drug abuse, as well as an ongoing high prevalence of alcohol abuse and dependence. Our department has embarked on a variety of programs to address this issue. The MI training is one of these interventions.

Goal Addressed by the Program / Practice

- Reduce prescription drug abuse.
- Reduce alcohol use and abuse.
- Increase overall community health.
- Promote education and resource dissemination to prevent substance abuse.
- Enhance existing treatment programs to meet the needs of those already impacted by substance abuse and their families, including intervening early to prevent further dependence.

Program / Practice Objectives or Outcomes

Reduction in substance use offenses and referrals for outpatient treatment by intervening early and using this approach in the assessment process for all agency services. Increase education to staff on evidence-based interventions for use with all agency clients. Wider dissemination of education and resources.

Personnel Required for the Program / Practice

Scott Caldwell from Wisconsin DHS presented training in MI to 13 agency staff (6 clinicians and 7 case managers).

Youth Leadership Development (requested by Outagamie County)

Brief Program / Practice Description

Youth Leadership Development – is the focus of two annual initiatives – Teen Symposium and Peer Share Day – which are Universal Indirect services based on two of SAMHSA/CSAP's Six Prevention Strategies cited on page 17 of the FY 2014-2015 Block Grant Application (www.samhsa.gov/grants/). These two youth leadership-development programs employ the strategies of education and providing substance-free alternatives as a means to boost the protective factors not only in the lives of program participants but also

in the lives of their peers who are the target of their leadership activities back at school and in the community.

Community Prevention Need Addressed by the Program / Practice

Youth Leadership Development is just one component of a multi-dimensional approach to reducing substance abuse among youth in the County. The prevention need addressed through Teen Symposium and Peer Share Day was identified through data collected by the county's Pre-Action Network from the Search Institute Survey and Youth Risk Behavior Survey. The Pre-Action Network is a county-supported partnership to help schools sustain and enhance their role in community prevention efforts. Of significant concern to the Network was the degree to which students did not feel connected to their schools. According to the National Longitudinal Study of Adolescent Health which looked at the impact of protective factors on adolescent health and well-being, school connectedness was found to be the strongest protective factor for both boys and girls to decrease substance use, school absenteeism, early sexual initiation, violence, and risk of unintentional injury (www.cdc.gov/healthyyouth/adolescenthealth/). One of four factors identified by the CDC as contributing to school connectedness is school environment. Students, with guidance from caring adults, can play a significant role in fostering a caring school environment for all students.

Goal Addressed by the Program / Practice

The goal of both Teen Symposium and Peer Share Day is to reduce substance use among youth by enhancing protective factors within schools through youth-led initiatives.

Program / Practice Objectives or Outcomes

1. Students report through pre and post surveys an increase in their understanding of how important school connectedness is as a protective factor, understanding of what they can do to enhance school connectedness among their peers, confidence in being able to help students they don't know feel more connected to school, and motivation to help students feel connected to school.
2. An increase in the percentage of students who report on question # 98 of the WI YRBS that they feel like they belong at their school.
3. A reduction in the percentage of students who report on question #29 of the WI YRBS that they were bullied on school property in the past 12 months.

Personnel Required for the Program / Practice

The County Prevention Specialist coordinates and hosts Peer Share Day for over 150 teens that are active in the peer helper programs of their schools. The county prevention specialist also provides support for and assistance in the planning and facilitation of Teen Symposium which serves over 250 students, most of whom are county residents.